



PARKS AND RECREATION

Brainerd Recreation Center Fall 2006 Aquatic Programs

Swimming Lessons

SESSION 1: BEGINNING SEPTEMBER 23, 2006

SESSION 2: BEGINNING OCTOBER 30, 2006

All participants must pre-register for classes

10:15 a.m. Beginner 2--Participants must be able to paddle stroke without touching the bottom for one width of the pool, back float, and be comfortable underwater.

10:50 a.m. Beginner 1--An introduction to basic swimming skills for School-age students

11:25 a.m. Beginner Swimmers--Preschool ages 3-5

12 noon Beginner Adults

Cost: **\$32** for 8 week session

CALL PEGGY @ 423-697-1385 for registration information.

Chattanooga Swimming Swim Team

Practice schedule: Monday – Thursday 5:00 – 6:00 p.m.

Call Peggy Grall @ 423-697-1385 for more information

Chattanooga Swimming Team for the Disabled

THURSDAYS, BEGINNING SEPTEMBER 14, 2006

6:30-8:00 pm

All participants must pre-register—Call 697-1385 for details

Water Fitness

Monday, Wednesday, and Friday 10:00 a.m.

Monday and Wednesday 6:00 p.m.

NEW--Water Exercise I and II (formally called Arthritis)

Level I offers a low impact workout while Level II picks up the pace by adding additional cardiovascular and strength exercises.

Level I

Tuesday and Thursday 11:00 a.m.

Level II

Tuesday and Thursday 9:15 a.m.

***CALL PEGGY GRALL at 423-697-1385 for registration
and more information.***

All participants must pre-register for classes
Registration Deadline: September 7, 2006